



Integration durch Freundschaft



Welcome to kulturgrenzenlos e.V.!

Thank you for your interest in kulturgrenzenlos.

kulturgrenzenlos is a project that connects refugees and students for leisure time activities and cultural exchange in Kiel.

In the following document, you will get a close overview of the project. For any further questions, please do not hesitate to contact us.

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1. The tandem project of kulturgrenzenlos e.V.

kulturgrenzenlos e.V. is a tandem project that connects students and refugees in Kiel. Shared leisure time and cultural exchanges promote the social inclusion of refugees and strengthen social interaction. The focus is to create a personal connection in which both partners see each other as equals. In the foreground is the encounter at eye level. The project was founded in April 2015 as part of the module "Changemakers and Social Entrepreneurs" at Christian-Albrechts-Universität Kiel by four students. Today kulturgrenzenlos e.V. is organized by a colorful team of young people in Kiel. Since March 2016, kulturgrenzenlos e.V. has been a registered non-profit association.

Our goal is to integrate refugees into the society of Kiel and to improve their German skills. Furthermore, we offer students the possibility to get in touch with foreign cultures, to make social contacts and to strengthen an open-minded attitude in Kiel.

2. Tandem – What does it mean?

A tandem consists of one student and one refugee. They are matched by similar interests, hobbies, age and, if preferred, the same sex. Being a tandem means getting to know each other, spending free time together and learning from each other. There is no hierarchy in a tandem. Both meet on eye-level.

2.1 Why should I join the tandem project?

As a tandem partner, you can make your own contribution to a strong and welcoming society, improve your intercultural skills and get to know a new culture or even language. In addition, you will meet many friendly people and, at best, form strong friendships at kulturgrenzenlos e.V. As a tandem partner, you will actively contribute to reducing prejudices, create new connections and encourage a mutual learning process. In addition, it's a lot of fun!

2.2 How do I get a tandem partner?

Becoming a tandem partner at kulturgrenzenlos e.V. is very simple

1. Fill in the following form [here](#) and get to know us during the consultation hours.
2. We will contact you to match you with your tandem partner.
3. We will arrange a meeting with you, your tandem partner and a representative of kulturgrenzenlos e.V. in order to introduce you to each other and answer your questions.
4. Welcome to kulturgrenzenlos e.V., now you are a part of our community!

During your tandem partnership we support you by regularly asking for feedback and always being available for your questions or problems in your tandem partnership. It is also important for us to get feedback from you.

2.3 What qualifications do I need?

The key qualifications to take part in the tandem project are tolerance and respect towards other people. Furthermore, we expect you to be reliable and willing to reflect on your own behavior. All participants are voluntarily part of kulturgrenzenlos e.V. Many of them are working and/or studying full-time. It is not about spending all of your leisure time together, but about exploring Kiel together and meeting nice people. kulturgrenzenlos e.V. is neither an aid project nor a dating portal or a job fair.

It is up to you how much time you spend with your tandem partner. However, in order to benefit from your tandem partnership, we recommend that you spend at least 2 hours per week together, but this is still up to you and your tandem partner.

2.4 Tandem ID

The tandem ID gives you and your tandem partner discounts on coffee, tea, and cake in selected cafés. It also gives you and your tandem partner discounts on cinemas, theaters, museums and more. You get the tandem ID when you get to know each other as a tandem in our office hours.

2.5 Intercultural communication

In tandem mediation, we try to bring together two people who have something in common, such as a hobby or similar interests. But even if people have similarities, they can at the same time

be very different. The culture and environment in which we grew up has an impact on our values, attitudes and behaviors. When people from different cultures come together, there can be communication problems and misunderstandings. To prevent such misunderstandings in your tandem partnership, it is important that you are open and honest and meet your tandem partner with tolerance and respect. If something bothers you, if you're feeling unfairly treated by your tandem partner or you just have a question, talk to your tandem partner about this topic. This way you can gain new perspectives and learn from each other.

2.6 Consultation hours

Twice a week we offer a consultation hour in the Thinkfarm at Alte Mu. If there is anything you do not want to discuss with us via email, feel free to visit us there. If you have any questions, problems or requests you would like to make in person, we are happy to assist you. Send us an email and we will schedule an appointment (info@kulturgrenzenlos.de).

Our office hours are always on Wednesdays from 5 to 6 pm and on Thursdays from 4 to 5 pm in the Thinkfarm at Alte Mu (Lorentzendamm 6-8, 24103 Kiel).

2.7 FAQ

You probably have many questions about the tandem project. The kulturgrenzenlos e.V. team is happy to help you. Just contact us by e-mail (info@kulturgrenzenlos.de). Through a personal conversation with us, you can ask all of your questions and get to know the project better. Since many people who are

interested in kulturgrenzenlos e.V. have similar questions, we will answer the frequently asked questions about the tandem here.

What can I do with my tandem partner?

It is up to you how to organize your meetings. The most important thing is that you have fun and you enjoy the time with your tandem partner. Some of our tandems share hobbies like playing soccer, basketball, volleyball, swimming, cooking meals from different regions of the world or playing music together. Other tandems meet in cafés and have a chat. Other groups exchange languages, go on walks together or go out and party. Tandem partnerships are as different as the people themselves. All you have to do is find out your common interests and do whatever activities you enjoy. On your tandem ID you can find many cooperation partners of kulturgrenzenlos e.V. as inspiration for a tandem meeting.

My tandem partner has a little time. What should I do?

All participants of the tandem project are volunteers. Many have a job and/or are studying at the university. Often there is not much time left for friends, family and hobbies. How often you meet depends on how much time each of you has for the tandem partnership. We recommend talking about your free time right at the beginning: ask your tandem partner how much time she or he has and how often you want to meet. There are always phases in life when you have more time and when you have less time available. That is why it is important to speak honestly with each other. If you like to spend more time with

your tandem partner, then you can express that wish. But please respect the answer of your tandem partner. If your tandem partner has almost no time for you, please talk to us about this topic. You can come to our consultation hours (Wednesdays 5 pm - 6 pm or Thursdays 4 pm - 5 pm) or contact us via e-mail (info@kulturgrenzenlos.de).

My tandem partner does not answer my messages. What should I do?

There can be many reasons for your tandem partner not answering your messages. Maybe their e-mail address or mobile number is not correct or your e-mail is filtered as spam mail? Or your tandem partner is stressed with work/studies, on vacation or just has little time to answer?

The fact that you are waiting for your tandem partner's answer may also have cultural reasons. In some cultures, it is rude if someone does not respond immediately. In other cultures, it is quite normal to respond to a message a few days later. You do not have to take it personally if your tandem partner does not respond immediately. Each person deals differently with communication via messenger, telephone or e-mail.

If your tandem partner still does not answer you in a few days, you can ask him or her why. Maybe there was a misunderstanding between you two? You can also talk to us about the problem.

3. Leisure time activities with kulturgrenzenlos

In addition to the tandem project, kulturgrenzenlos e.V. offers free-time-activities. You can join our activities with your tandem partner, your friends or you can come by yourself. The free-time activities are described in detail below. If you are interested in the activities and you would like to know more, please write us an email. We are happy to answer your questions and give you the exact dates and meeting points.

3.1 Events

One essential part of kulturgrenzenlos e.V. is our “Get Together“ events, which take place every first Thursday of the month. All tandems and anyone else who is interested in cultural exchange and getting to know new people are invited to join. During these meetings, you have the opportunity to explore new places and activities in Kiel. In addition, you can get to know other people from the project and spend time together. There will be excursions to the beach, barbecues at Schrevenpark or bowling. All of these activities are part of the cultural events from kulturgrenzenlos e.V. You can find more information on our website and on Facebook.

3.2 Workshops

kulturgrenzenlos e.V. regularly organizes workshops. Whether graffiti, Dabke dance or photography - there is something for everyone. In addition, educational workshops on intercultural communication and culture-sensitive learning are offered, which serve to further educate and support the tandems. As a tandem you will find out about our workshops via e-mail and on our website.

3.3 Activities

In addition to the events and workshops, there are plenty of other activities for shared leisure time activities. These take place monthly or weekly in small groups. If you would like to know more about the activities, please write us an email (info@kulturgrenzenlos.de).

Soccer:

Once a week, the soccer team meets for a common game. The focus is on the joy of playing soccer, the encounter and networking between students and refugees through sport. The times vary from semester to semester.

Volleyball:

In summer, beach volleyball is regularly played at Kiellinie. Again, the joy of the game and the encounter are the focus of the game.

Women's sports:

Every Tuesday our women's sports group meets for fitness, yoga and dancing. Join us!

Board game afternoon:

In addition, we organize regular board game afternoons at Thinkfarm, Alte Mu. If you enjoy board games, HalliGalli, card games or Monopoly and want to meet nice people, then come on over!

Movie night:

In winter, once a month we offer a movie night at Thinkfarm, Alte Mu. Do you want to see a funny movie together with others from kulturgrenzenlos e.V.? Then write us an e-mail for more information and join us!

Permakulturgrenzenlos:

In summer, every Friday, our garden group meets for greening at Alte Mu. If you are interested in permaculture and gardening, you are exactly right.

4. Commitment in the team

If you want to get involved in the organisation and actively support kulturgrenzenlos e.V., you can become part of the team. We are happy to have anyone who wants to join - no matter what age you are, or whether you are a student, trainee or working.

As part of the team you can:

- contribute to the social inclusion of refugees and to an open-minded attitude in Kiel
- improve your own intercultural competences
- gain new knowledge at our workshops
- bring in your own ideas and turn them into reality
- get to know the organisational structure of kulturgrenzenlos e.V.
- enhance your project management skills

Just send us an email and introduce yourself. Then we will arrange a meeting. We can also issue you a certificate of participation for your future job or academic applications. We are happy to have you as a part of our team.

5. Helpful contacts within Kiel

A tandem partnership with kulturgrenzenlos e.V. is based on shared leisure time and a cultural exchange. It is not based on giving assistance. Of course, if you decide to tackle a challenge together, that is not a problem. Since you might not always have the right answer for every question, we have listed contacts where you can get further information.

5.1 German courses

- Kiel hilft e.V.
 - classes free of charge every Tuesday, Wednesday and Friday 5 to 7 pm
 - Contact: mail@kiel-hilft-fluechtlingen.de
- Language-App “Einstieg Deutsch” from “Deutscher Volkshochschulverband”
 - free, for Android and iOS
- Stadtteilnetzwerk nördliche Innenstadt Kiel e.V.
 - German classes free of charge
 - Contact: info@stadtteilnetzwerk-niki.de

5.2 Leisure time activities

- Dinner for all
 - Cooking and eating together
 - Contact: www.dinner-for-all.de
- ADFC
 - Bicycle tours and classes
 - Contact: www.adfc-sh.de
- International Center CAU
 - Offers for foreign students
 - Contact: refugees-guest@uv.uni-kiel.de
- Rock- und Popschule
 - Intercultural choir
 - Contact: info@rockpopschule.de
- New ways for newcomers (ZBBS)
 - Workshops and classes on different topics (e.g. Democracy and human rights, feminism and women's rights, philosophy and introduction to politics)
 - Contact: huebner@zbbs-sh.de
- Wahdatanz
 - Dabke dancing classes
 - Contact: wahdatanz@gmail.com

5.3 Intercultural communities

- Lotsenprojekt ZBBS

- ZBBS trains refugees who have been in Kiel for some time as pilots for newcomers
 - Contact: huebner@zbbs-sh.de
- AWO Interkulturell
 - Advice center and integration support
 - Contact: info@awo-kiel.de
- La Cultura
 - Women's meetings, intercultural meetings and Arabic classes
 - Contact: info@lacultura.de
- ZEIK
 - Intercultural activities
 - Contact: info@zeik-kiel.de
- Tio e.V.
 - Women's meetings
 - Contact: 0431 671778

5.4 Counseling services

- Zentrale Bildungs- und Beratungsstelle für Migrantinnen und Migranten in Schleswig-Holstein e.V.
 - Advice for migrants & sponsorships
 - Contact: info@zbbs-sh.de
- Refugee Law Clinic Kiel
 - Legal advice on asylum law and right of residence
 - Contact: info@law-clinic-kiel.de

- Flüchtlingsrat Schleswig-Holstein e.V.
 - Advice for migrants and refugees
 - Contact: beratung@frsh.de
- Myriam: My rights as a female migrant
 - Mobile advice for escaped women in Kiel
 - Contact: myriam@frauenwerk.nordkirche.de
- Donna klara
 - Psychological Counseling for women by women
 - Contact: psychosozial@donna-klara.de
- Zentrum für Integrative Psychiatrie
 - Trauma ambulance: Escape & Migration
 - Contact: www.zip-kiel.de
- Kieler Fenster Verein zur Förderung sozialpädagogischer Initiativen e.V.
 - Chance Elisee: Advice for migrants with mental health problems
 - Contact: chance-elise@kieler-fenster.de
- Regionales Beratungsteam gegen Rechtsextremismus Kiel
 - Advice against right-wing extremism
 - Contact: kiel@rbt-sh.de
- Medibüro Kiel
 - Providing anonymous and free medical assistance to refugees and migrants without residence status
 - Contact: info@medibuero-kiel.de

5.5 Other offers

- Fahrradselbsthilfe Hansa48
 - Bicycle repair station to fix your bike with some guidance
 - Contact: www.hansa48.de
- Fahrradwerkstatt of Willkommensinitiative Friedrichsort e.V.
 - Bicycle repair station
 - Contact: fahrradwerkstatt@kielnet.de
- HaKi e.V.
 - Offers for LGBTIQ refugees
 - Contact: post@haki-sh.de

6. Closing words and contact details

This is a lot of information at once. Come and visit us and get to know kulturgrenzenlos e.V. If you have any further questions, please do not hesitate to contact us via email, Facebook, Instagram or our website.

We are looking forward to meeting you!

Best wishes from the whole kulturgrenzenlos team!

Contact details:

E-Mail: info@kulturgrenzenlos.de

Web: www.kulturgrenzenlos.de

Facebook: www.facebook.com/kulturgrenzenlos
Instagram: www.instagram.com/kulturgrenzenlos/

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